

**WORLD WOMEN'S BODYBUILDING CHAMPIONSHIPS**

**MEN'S & WOMEN'S PHYSIQUE SPORTS CHAMPIONSHIPS**

**ASIAN BODYBUILDING & PHYSIQUE SPORTS CHAMPIONSHIPS**

**SEA MEN'S JUNIOR & SENIOR BODYBUILDING CHAMPIONSHIPS**

**SINGAPORE**

**BODYBUILDING AND FITNESS FEDERATION**



**Singapore Bodybuilding & Fitness Federation**  
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Affiliated to



SINGAPORE  
NATIONAL  
OLYMPIC  
COUNCIL



Member of



People's Association



**UCC HALL (NUS)**

**Saturday, 2nd Oct 2010**

**&**

**Sunday, 3rd Oct 2010**

# GOLD MEDAL FOR SINGAPORE



# JONAS ASIS TAM

ASIAN BODYBUILDING & PHYSIQUE SPORTS  
CHAMPIONSHIPS 2010  
SINGAPORE  
- 3RD OCTOBER 2010



**GOLD MEDAL**



**SOUTH EAST ASIA  
MEN'S BODYBUILDING  
SENIOR 60 KG**

Jonas won three (3) medals in a year. A success that not many bodybuilders could boast in our Republic. He was tested several times for doping and came out as Mr.Clean.

- **BRONZE MEDAL** – 65 Kg Category – Bantam Wt  
45<sup>th</sup> Asian Bodybuilding Championships in Tehran, Iran  
(2<sup>nd</sup> – 7<sup>th</sup> Aug 2010)
- **GOLD MEDAL** – 60 Kg Category – Bantam Wt  
South East Asia Bodybuilding Championships in Singapore  
(29<sup>th</sup> Sept – 4<sup>th</sup> Oct 2010)
- **BRONZE MEDAL** – 60 Kg Category – Bantam Wt  
2<sup>nd</sup> Men's WBPF World Bodybuilding Championships in Varanasi, India  
(27<sup>th</sup> Oct – 1<sup>st</sup> Nov 2010)



COACH AZMAN ABDULLA GUIDED  
AND TRAINED JONAS TO ACHIEVE THE  
SUCCESS

"JONAS IS A GOOD BODYBUILDER AND  
HE IS PASSIONATELY INVOLVED FOR THE SPORT"

AZMAN





# TEAM SINGAPORE



**Ms. Akane Gushiken**  
Athlete



**Ms. Sharmila Tanapathy**  
Athlete



**Ms. Sharon Lim**  
Athlete



**Ms. Suharni Mohd**  
Athlete



**Ms. Faliza Zainon**  
Athlete



**Mr. Danie Dharmu**  
Athlete



**Mr. Jonas Asis Tam**  
Athlete



**Mr. Marcus Fam**  
Athlete



**Mr. Earric Lee**  
Athlete



**Mr. Joe Wong**  
Team Manager



**Ms. Bindiya Nandwani**  
Chairperson  
Women's Committee



**Mr. Azman Abdullah**  
Asst Coach



**Mr. Ibrahim Sihat**  
Asst Coach

# OUR OTHER MEDAL WINNERS

**MARCUS FAM**



**BRONZE MEDAL**

South East Asia Men's Bodybuilding

Senior 70 Kg



**6<sup>TH</sup> PLACE**

World Men's Athletic Physique

Over 170 Cm



**BRONZE MEDAL**

Asian Women's Bodybuilding

50 Kg

**4<sup>TH</sup> PLACE**



World Women's Bodybuilding

Open Category

**SUHARNI**

# OUR OTHER FINALIST



**EARRIC LEE**

**7<sup>TH</sup> PLACE**  
South East Asia Men's Bodybuilding  
Senior 80 Kg  
← **7<sup>TH</sup> PLACE**  
World Men's Athletic Physique  
Over 170 Cm

**SHARON LIM**



**4<sup>TH</sup> PLACE**  
Asian Women's Model Physique  
Up to 160 Cm  
**5<sup>TH</sup> PLACE** →  
World Women's Model Physique  
Up to 160 Cm

# OUR OTHER FINALIST



**AKANE GUSHIKEN**

**9<sup>TH</sup> PLACE**

Asian Women's Model Physique

Up to 160 Cm



**6<sup>TH</sup> PLACE**

World Women's Model Physique

Up to 160 Cm

**8<sup>TH</sup> PLACE**

Asian Women's Model Physique

Over 160 Cm

**8<sup>TH</sup> PLACE**

World Women's Model Physique

Over 160 Cm



**T. SHARMILA**

# OUR OTHER FINALIST



**DANIE DHARMU**

**6<sup>TH</sup> PLACE**  
South East Asia Men's Bodybuilding



Senior 70 Kg

**12<sup>TH</sup> PLACE**

Asian Men's Bodybuilding  
Invitational

**5<sup>TH</sup> PLACE**

World Men's Athletic Physique  
Up to 170 Cm



**6<sup>TH</sup> PLACE**  
Asian Women's Model Physique  
Over 160 Cm

**6<sup>TH</sup> PLACE**



World Women's Model Physique  
Over 160 Cm

**FALIZA**



**TEAM CHAMPIONSHIPS  
3<sup>RD</sup> PLACE  
SINGAPORE**

**FOR MORE DETAILS OF RESULT & PHOTOS VISIT  
[www.wbpsf.org](http://www.wbpsf.org)**